



July-August 2016

**Leonard Wood Medical Home
Ozark Family-Centered Medical Home
Richard Wilson Soldier-Centered Medical Home**

New Hospital Commander, Col. Christian Meko

"Colonel Christian Meko is a proven leader in peace time and at war...the right leader at the right time for GLWACH, for the region, and for military medicine. In addition to knowledge and skill as a Family medicine doctor, he possesses the leadership necessary to ensure this command continues to excel as an organization through professional development, with attention to the important challenges facing the Army."

*~Maj. Gen. Thomas Tempel, Jr.,
CG, Regional Health Command-Central*



Col. Christian Meko, Commander,
General Leonard Wood Army Community Hospital

MEDCOM observance topics

July:

- ~Human Performance Optimization
- ~Eye Injury Prevention Month
- ~Independence Day Safety Message
- ~Army Med Corps/AMEDD Anniversary

August:

- ~Nat'l Immunization & Influenza Vaccine Awareness Mo
- ~Performance Triad Month
- ~Women's Equality Day



WTU “inactivation” ceremony

By John Brooks, General Leonard Wood Army Community Hospital

A short ceremony marked the inactivation of Fort Leonard Wood’s Warrior Transition Unit June 30. The event was attended by General Leonard Wood Army Community Hospital and Installation leadership, community leaders, and the WTU’s remaining staff.

Taking care of America’s sons and daughters is the passion of military leaders but this specific organization is one that will always be fond in my memory because of the lasting impact that it will continue to have on so many lives,” said former Fort Leonard Wood WTU Commander, Capt. Adam Hamilton.

WTU staff members provide command and control, primary care and case management for Soldiers in Transition to establish conditions for healing and promote the timely return to the force—or transition to continue serving the nation as a Veteran in their community, depending on the Soldiers’ individual situation.

The WTU’s inactivation status, as opposed to a deactivation status, utilizes inter-post transfers of both civilian and military WTU staff members to help ensure local availability of personnel for future reactivations of the unit.

“Resources are already here—systems and processes are already established. The Warrior Transition Command is established. The major WTU units are not going away so we are able to stand WTUs back up fairly quickly when they’re needed,” said former Fort Leonard Wood WTU 1st Sgt. Bradford Raven.

In March 2015, the Fort Leonard Wood WTU was identified by the Warrior Transition Command to inactivate Aug. 1, 2016. The mission was to inactivate without compromising the care or transition of Soldiers, Civilians and Cadre, as one of 10 WTUs worldwide called on to inactivate worldwide. The WTU unit inactivations were the result of a greatly decreased number of Soldiers receiving care and support in WTUs.

“At the height we were at 200 STs in 2011 and 2012 then our numbers started declining because we started having fewer Soldiers who required WTU care Armywide,” said Alma Stradinger, former lead of Human Resources at the Fort Leonard Wood WTU, now the lead, Human Resources at GLWACH.

Numbers went from more than 7,000 Soldiers in Transition to less than 3,700 by February, 2015, according to the Army News Service.

Though the unit is inactivated and its buildings are now in use by other organizations such as the post Chaplains Office and the Fort Leonard Wood Wellness Center, the WTU campus facility will be returned to reactivate the Fort Leonard Wood WTU again.



Capt. Adam Hamilton and 1st Sgt. Bradford Raven, Fort Leonard Wood Warrior Transition Unit Commander and 1st Sgt., respectively, case the WTU Company Guidon during the unit's inactivation ceremony June 30 in the WTU campus courtyard. The inactivation ceremony is the result of dramatically declining numbers of Soldiers in Transition who need WTU services here—and it marks the point at which the unit takes a pause pending future activation whenever needed. (Photo by John Brooks)



GLWACH gets new Commander

By Carl Norman, ASBP Recruiter, Fort Leonard Wood



Col. Christian Meko took command of the Fort Leonard Wood General Leonard Wood Army Community Hospital in a change-of-command-ceremony Friday when he assumed command from Col. Peter Nielsen.

Nielsen and his wife, Cheryl, will be returning to Texas where he will be vice chair, Department of Obstetrics and Gynecology, Baylor College of Medicine and Obstetrician-in-Chief, The Children's Hospital of San Antonio.

Meko, is a distinguished military graduate of the University of Notre Dame with commission as a Medical Service Corps officer. He conducted post-baccalaureate pre-medical studies at Bryn Mawr College, is a graduate of Dartmouth Medical School, and did residency training in Family medicine at DeWitt Army Hospital where he also served as chief resident. Meko is board certified in Family medicine.

"Colonel Christian Meko is a proven leader in peace time and at war," said Maj. Gen. Thomas Tempel, Jr., commanding general, Regional Health Command-Central (Provisional). "Christian, I know you are the right leader at the right time for GLWACH, for the region, and for military medicine. In addition to your knowledge and skill as a Family medicine doctor, you possess the leadership necessary to ensure this command continues to excel as an organization through professional development, with attention to the important challenges facing the Army."

Meko was chief of Family medicine, Keller Army Community Hospital at West Point Division Surgeon, 10th Mountain Division (Light Infantry) to include service as the Combined Joint Task Force-10 Surgeon for Operation Enduring Freedom.

"I know you will champion Readiness and promote and oversee this great command as a premier expeditionary and globally integrated medical force," Tempel said. "You have my confidence in your skills as a leader, and I am grateful that you, too, have the strength of your Family to support you as you assume command of a hospital that is so absolutely vital to this community, as well as the readiness of the military, and the health and resiliency of Families and retirees," he added.

As an MSC Officer, Meko served as Adjutant and later S2/S3 for the 5th Mobile Army Surgical Hospital, as a platoon leader, and later as the Health Service Support Officer, 307th Forward Support Battalion, 82nd Airborne Division; Aide-de-Camp, 44th Medical Brigade Commander/XVIII Airborne Corps Surgeon; Battalion Surgeon, 3rd Battalion, 505th Parachute Infantry Regiment for hurricane Katrina relief efforts; and Brigade Surgeon, 505th Parachute Infantry Regiment w/deployment in support of Operation Iraqi Freedom.



Col. Christian Meko, Commander,
General Leonard Wood Army
Community Hospital



Sports Physicals



Sponsored by General Leonard Wood Army Community Hospital

Located in the Pediatric Clinic



Available to General Leonard Wood Hospital beneficiaries

~~June 25, 2016 at GLWACH~~

~~8:00 am to 12:00 pm~~

July 23, 2016 at GLWACH

8:00 am to 12:00 pm

No Appointment Necessary

MUST BE ACCOMPANIED BY PARENT OR GUARDIAN (stepparents must have a power of attorney on file or readily available to staff)

- If you have a pre-existing medical condition, or if an abnormality is found, you will be referred to your Primary Care Provider before being cleared for your sport.
- Only sports physicals and school physicals will be completed.
- Students requesting asthma action plans and/or school medication forms will need to schedule an appointment with their Primary Care Provider.





Logging in to TRICARE.com with a DS login

Please contact your PCM team if you need help!



Many of our patients use a CAC card to make appointments and access all benefits of TRICAREonline.com--but you may also connect to TOL using a Defense Service (DS) login. For those who use a DS login, new password protocols now require password updates every 90 days. Please pay extra attention to the new rules when next prompted to reset your password. This will help you get it right the first time. The new password protocols help ensure the highest security and privacy of your personal health information.

GLWACH encourages all patients to use www.TRICAREonline.com (TOL) to make appointments with their primary care manager or team provider. Patients can also review their health record using the Blue Button on the TOL website. The TOL website also provides patients with the ability to set up reminders, cancel appointments and much more. Use TOL's tutorials to help you master its functionality. TOL's website is helpful and easy to use--get smart today and start using TOL!

WELCOME TO OUR **TOBACCO FREE** CAMPUS



Campus policy **prohibits** the use of
all tobacco products and **electronic nicotine devices**
everywhere on this property.

Thank you for your cooperation

USAPHC
U.S. ARMY PUBLIC HEALTH COMMAND



2 Soldiers, 2 hours, 5 promotion points

By Carl Norman, ASBP Recruiter, Fort Leonard Wood



It only took two Fort Leonard Wood Soldiers a little more than two hours each to earn five promotion points while saving eight lives.

Army Spc. Jasmine Miles, a dental assistant with the U.S. Army Dental Activity, and Army Spc. Justin McCoy, a biomedical engineer with the General Leonard Wood Army Community Hospital, accomplished their respective feats thanks to a program that GLWACH instituted in September 2015. This program awards a Certificate of Achievement —worth five promotion points — to all GLWACH Soldiers and civilians who complete their fourth whole blood donation to the Armed Services Blood Program.

Miles and McCoy are the first two to reach this milestone.

On average, each blood donation only takes about 30 minutes, so four donations collectively take about two hours. Due to platelets and plasma being taken from a whole blood donation, they also give two individuals a second chance at life or allow them to recover from illness or injury.

"I didn't expect to get anything for donating, and it means a lot to receive this," McCoy said after receiving his certificate. "I've been donating as regularly as I can since high school and just started donating with the Armed Services Blood Program. It only takes a short while to donate and those few minutes could be the difference between life and death for someone."

"I just wanted to help others," Miles said about donating blood after receiving her certificate. "This is something I can do, and why not?"

But oddly enough, it wasn't being five points closer to those sergeant stripes that motivated Miles or McCoy.

"It's all about changing one life — that's it," Miles said. "If I help someone and you help someone, then we're all better in the long run."

Army Col. Peter Nielsen, then GLWACH commander, instituted the Certificate of Achievement program because he wanted to help introduce Soldiers and civilians to the ASBP and its role within the ranks.

"Having twice deployed with a combat support hospital, I've seen firsthand the massive requirements for these lifesaving products," Nielsen said. "I wanted to somehow thank everyone in my organization for giving of themselves to help others, so what better way than to give them a little boost up the career ladder."

The ASBP is the official blood collection agency for the Department of Defense. Donated blood helps ill or injured service members and their families worldwide.



Army Maj. James Burke (left), Fort Leonard Wood Blood Donor Center officer in charge, presents Army Spc. Jasmine Miles (right) with a Certificate of Achievement for completing four whole blood donations with the Armed Services Blood Program. (Photo by Carl Norman)



continued...

By Carl Norman, ASBP Recruiter, Fort Leonard Wood



According to Marty Ricker, ASBP donor recruiter supervisor, approximately 25 percent of all service members admitted to medical facilities in those overseas contingency areas will require a blood transfusion.

Blood donated to the ASBP also helps service members and their families who are treated in military healthcare facilities across the Department of Defense. Ricker said the Military Healthcare System requires 400 units of blood each day. All of that must come from volunteer donors.

"We appreciate everyone who comes out to donate with us and are happy to see programs put into place to recognize those who donate," said Army Maj. James Burke, Fort Leonard Wood Blood Donor Center officer in charge. "Spc. Miles and Spc. McCoy are the first of what we hope will be a large group of COA recipients from GLWACH, DENTAC and other organizations around post that would like to implement this program."

For more information about the Armed Services Blood Program, visit www.militaryblood.dod.mil. For more information about the Fort Leonard Wood Blood Donor Center or to set up an appointment to donate, call 573-596-5385 or e-mail Carl.A.Norman2.civ@mail.mil.

About the Armed Services Blood Program

Since 1962, the Armed Services Blood Program has served as the sole provider of blood for the United States military. As a tri-service organization, the ASBP collects, processes, stores and distributes blood and blood products to Soldiers, Sailors, Airmen, Marines and their families worldwide. As one of four national blood collection organizations trusted to ensure the nation has a safe, potent blood supply, the ASBP works closely with our civilian counterparts by sharing donors on military installations where there are no military blood collection centers and by sharing blood products in times of need to maximize availability of this national treasure. To find out more about the ASBP or to schedule an appointment to donate, please visit www.militaryblood.dod.mil. To interact directly with ASBP staff members, see more photos or get the latest news, follow @militaryblood on Facebook, Twitter, Flickr, YouTube and Pinterest. Find the drop. Donate.

The Armed Services Blood Program is a proud recipient of the Army Maj. Gen. Keith L. Ware Public Affairs award.



Army Maj. James Burke (left), Fort Leonard Wood Blood Donor Center officer in charge, presents Army Spc. Justin McCoy (right), a biomedical engineer with the General Leonard Wood Army Community Hospital, with a Certificate of Achievement for completing four whole blood donations with the Armed Services Blood Program. (Photo by Carl Norman)



The milConnect website allows beneficiaries to review healthcare and personnel information using one reliable source: the Defense Enrollment Eligibility Reporting System (DEERS).

Accurate beneficiary contact and status information is critical to providing you with the best service. Please keep address, contact and family member information current in milConnect at <http://www.dmdc.osd.mil/milconnect>.

Q: Who can access milConnect?

A: Sponsors are able to view information for their associated family members. But the data displayed on milConnect is dependent on your Defense Manpower Data Center (DMDC) identification stored in the DEERS database.

To help clarify the answer to this question:

- Most uniformed service members can see personnel data
- Most sponsors can see Service members' Group Life Insurance (SGLI) data
- Milconnect provides helpful checklists and guidance (FAQ section) to prepare for life changes such as retirement, deployment, changes to family structure (birth/death), etc.

Sponsors and eligible beneficiaries who are age 18 or over can (if applicable) perform the following functions:

- Update contact information in DEERS
- View current health care enrollments
- Manage TRICARE enrollments and access their TRICARE online account
- Locate the nearest Military ID card issuing facility
- View personnel information
- Transfer education benefits to eligible family members under the Post 9/11 GI Bill
- View ID cards
- View Service members' Group Life Insurance information (except Marines and Coast Guard)
- Obtain proof of coverage if currently covered under a TRICARE-managed program
- Find answers to frequently asked questions about health care eligibility

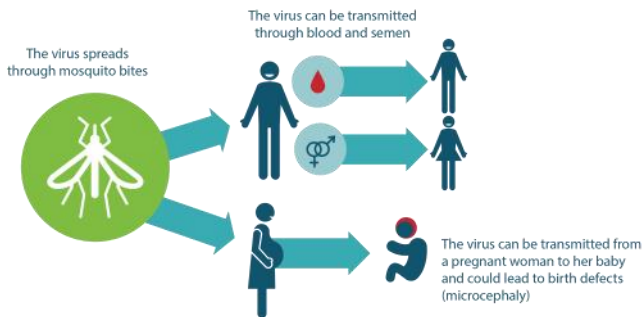
ZIKA

Zika virus infection is
preventable.



SPREAD

HOW IS IT SPREAD?



MORE INFORMATION

SPEAK WITH YOUR HEALTHCARE PROVIDER

ZIKA HOTLINE: (800) 984-8523; OVERSEAS: DSN (312) 421-3700; STATESIDE: DSN 421-3700.

APHC WEBSITE: [HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/DISEASES/PAGES/ZIKA.ASPX](http://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/DISEASES/PAGES/ZIKA.ASPX)

CDC WEBSITE: [HTTP://WWW.CDC.GOV/ZIKA/INDEX.HTML](http://WWW.CDC.GOV/ZIKA/INDEX.HTML)



Are you ready to Quit Tobacco?

It's never too late to take control of your health, and this is the perfect time to declare your freedom from Tobacco use.

What's next?

Call the Public Health Nursing Clinic to get scheduled for Tobacco Cessation Class. Classes are offered 9-11 a.m. every 1st & 3rd Tuesdays of each month starting May 3, 2016. Our team of nurses will partner with you to offer counseling and support along your journey. You will also have an opportunity to meet with the Pharmacist to discuss medication assistance. Call (573)596-0518 or 596-0491 to schedule now!



GLWACH Tele-Critical Care Summit discusses DOD way forward

By John Brooks, General Leonard Wood Army Community Hospital



FORT LEONARD WOOD, Mo. -- The Department of Defense's first and longest continuously active Tele-Critical Care pilot program at General Leonard Wood Army Community Hospital hosted 40 joint-service participants here June 3 to discuss next steps in DOD Tele-Critical Care.

The TCC Summit was commissioned by the previous GLWACH Commander, Col. Peter Nielsen, as a result of multi-service telehealth leaders' interest in GLWACH's telehealth pilot program.

Army, Navy, Air Force and Veteran Affairs (VA) telehealth leaders all shared their current tele-critical care program status, capability and future development objectives at the summit.

"It was clear that, although unique service needs and approaches were different, every service shared a remarkable appreciation for telehealth care and that each is trying to leverage its potential to improve access to safer, higher-quality care," said John Ingersoll, GLWACH's chief of Clinical Operations.

One cornerstone of the summit was the key note presentation by University of Massachusetts professor, Dr. Craig Lilly, a seasoned critical care provider of 22 years and current TCC medical director.

"Dr. Lilly provided unique insights on development of an enterprise-wide critical care system built around improving clinical situational awareness through common operating protocols," Ingersoll said.

Another highlight and honor was the strong attendance by VA partners who shared some incredible efforts to improve critical care through telehealth. Two of the VA's Veteran Integrated Service Networks, VISN 23 and VISN 10, have developed robust TCC hubs and actively distribute care to hundreds of VA beds throughout the country. That capability allows the VA to bring the highest-quality critical care to veterans' bedsides within seconds. These efforts have greatly facilitated the VA's ability to provide higher care to veterans, closer to home than ever before, Ingersoll said.

The VA's VISN 23 is actively exploring partnership with the U.S. Air Force to provide military treatment facilities with tele-critical care. The VA has active communications with all services directed toward sharing expertise and developing solutions.

"It was fantastic to meet all these telehealth leaders; to better understand their service's efforts in bringing the highest quality care to the patients' bedside," said Col. Peter Nielsen, previous GLWACH commander and Summit host. "Telehealth is obviously shaping new relationships and partnerships that seek to add value in the military-to-Veteran healthcare service chain. This summit has fostered relationships which will continue to innovate and enhance sharing, and render more value-added solutions as we march forward to harness technology. There are clearly more wins in a future of working together; telehealth greatly enhances our joint ability to bring expertise to the fixed patient bedside and also furthers DOD's ability to provide higher quality prolonged field care."

(Editor's note: John Brooks is the marketing and public affairs officer at General Leonard Wood Army Community Hospital)



Environmental Health division conducts mosquito surveillance

By John Brooks, General Leonard Wood Army Community Hospital



FORT LEONARD WOOD, Mo. -- General Leonard Wood Army Community Hospital's Preventive Medicine division regularly monitors mosquito populations on Ft. Leonard Wood.

Twenty-four-hour mosquito surveillance of the cantonment area is conducted using Centers for Disease Control light traps, as well as Ovicup traps, set by GLWACH's PMD technicians, to capture adult mosquitos as well as their larvae for disease testing. Technicians check the traps twice per week.

"If you encounter any of these traps, which are accompanied by signs which say, 'Preventive Medicine, Mosquito Surveillance underway', please do not disturb them," said 1st Lt. Jake Pinion, GLWACH's Environmental Health division chief.

In addition, five BG Sentinel traps are on order, scheduled to arrive soon. Sentinel traps specifically target *Aedes Albopictis* and *Aedes Aegypti* mosquitos, the primary culprits of Zika Virus (ZIKV).

There have been three cases of ZIKV in Missouri this year, all contracted due to travel outside of the United States.

"However, just because there haven't been local infections, this doesn't mean it's time to let your guard down," Pinion said.

Even with Environmental Health division monitoring, there are steps you should take to take reduce the mosquito population, Pinion said.

"Mosquitos breed in water, so if you can eliminate the amount of stagnant water, in birdbaths, pet water bowls, and clogged gutters, and so on, you can significantly reduce the mosquito threat in your neighborhood," Pinion said.

Female mosquitos must take a blood meal (i.e. drink your blood) before reproducing. To reduce your chances of becoming a meal for a mosquito is to cover your exposed skin with an Environmental Protection Agency-registered insect repellent.

Mosquitos also typically shy away from air conditioned homes as well, preferring humid areas.

"Ensure your screens are in good condition," Pinion said. "Patch holes and replace dilapidated screens before your hot air goes out and bothersome pests come in."

For more information, visit the www.CDC.gov, www.facebook.com/GLWACH, or contact GLWACH's Environmental Health division at 573-596-4913.



Spec. Joshua Ford, GLWACH environmental health technician, sets up a CDC light trap. These traps are used by the Army for mosquito surveillance to test for mosquito-borne diseases. Photo credit: 1st Lt. Jake Pinion.



GLWACH eICU launches new era of virtual Army Medicine

By John Brooks, General Leonard Wood Army Community Hospital



FORT LEONARD WOOD, Mo. -- A connection between General Leonard Wood Army Community Hospital's Intensive Care Unit and the electronic ICU at Arkansas' Baptist Health hospital continues to virtually change the course of Army Medicine.

VIPs from Baptist Health hospital in Little Rock, Arkansas, battled the final throws of a bitterly cold winter storm, driving through snow and ice on winding, isolated back roads for hours to attend the initial virtual connection ceremony of GLWACH's eICU with their eICU.

As flurries swirled outside, the touch of a button spun up a warm, high-resolution smile from Jack Griebel, MD, Baptist Health's eICU medical director, who greeted the team of GLWACH and Baptist Health's staff in GLWACH's ICU.

Since then, GLWACH's ICU staff has simply pushed the big red button in each eICU-equipped room here to meet with Baptist Health's board certified physicians and critical care nurses. No more battling dangerous storms--and this first-of-its-kind military-civilian eICU partnership pilot program just simply continues to save lives here as the days pass.

"The eICU has definitely increased our capability for retaining higher acuity patients within our hospital system. It has definitely increased the ability of our staff to care for those patients by providing collaboration with additional board certified physicians and critical care nurses located at Baptist Health in Little Rock," said Shawn Matherly, officer in charge of GLWACH's ICU.

High-speed data lines connect experienced critical care physicians and nurses over 200 miles away using real-time video sent by cameras that can zoom in and out with high-definition clarity. Computer monitors at both locations display patients' vital signs, medications, blood test results, X-rays and other diagnostic information.

"The eICU provides a constant patient monitoring safety net, additional provider and nurse rounding, plus expert second medical opinion consultation," said John Ingersoll, GLWACH's chief of Clinical Operations. "The Baptist Health eICU care team can speak directly into our ICU rooms with nurses and physicians here."

"The eICU is a very safe, highly integrated and choreographed system that establishes a long-distance, high-functioning and secure telemedicine connection with our critical care partners at Baptist Health," Ingersoll said.

In addition to its value to patients and staff here, the e-ICU demonstrates highly effective healthcare at a great value to the taxpayer, Ingersoll said.

In fact, the GLWACH eICU's ever-increasing success has resulted in an upcoming Telehealth Summit here.

"This service is truly value added for our patients and in line with Army Medicine's patient-centered care and team-based protocols," Ingersoll said.

Family members and patients in an ICU want to be together and GLWACH's eICU capability allows family members to go home at night and sleep in their own bed. If something happens they can drive back to the hospital in just a few minutes instead of making a two-and-a-half hour drive to Columbia, Missouri, for example.

This cutting edge technology translates new meaning from Army Medicine's "System for Health" and "patient-centered" care concepts. It brings new life and understanding to terms like "Army Medical Home," "Community-Based Medical Home," and "Soldier-Centered Medical Home."

Army Medicine's team-based System for Health is understandable in a more tangible way here at GLWACH thanks to our eICU capability.

For more information on virtual Army Medicine see the video overview of the e-ICU system at [www.Facebook.com/GLWACH](https://www.facebook.com/GLWACH) —and check out this story on the Official Homepage of the US Army at:

<https://www.army.mil/article/167398/>.



Sonja Lawson, a registered nurse at Baptist Health hospital in Little Rock Arkansas, waves from the monitor to Kristen Davis and Thomas Hedrick, registered nurses in General Leonard Wood Army Community Hospital's Intensive Care Unit, as they initiate an Electronic ICU system test. The success of GLWACH's eICU pilot program that went live in 2014, has the potential to change the course of Army Medicine. An upcoming Telehealth Summit here planned for



New Healthcare Consortium meeting time/date

Due to our new Regional Health Command Central battle rhythm, we've changed our regular Healthcare Consortium meeting date and time to the second Monday of each month at 3 p.m. in the hospital's Command Conference Room (CCR), located in the south west corner on the hospital's main floor.

The Healthcare Consortium meeting is YOUR monthly chance to affect positive change by talking directly to the Hospital Commander and his deputies!

We want and need your feedback! Everyone is invited to attend the Healthcare Consortium meeting.

The Healthcare Consortium serves as a consumer advocate board in which the unit and community representatives have direct feedback to the Hospital Commander, Col. (Dr.) Christian Meko and his staff, concerning the type and quality of care provided at the General Leonard Wood Army Community Hospital. It is a forum for beneficiaries to provide input to healthcare delivery policy and to promote communication between the medical treatment facility and its beneficiaries.

Col. Meko also speaks and answers questions at the installation Community Information Forum meeting, which is the post's monthly town-hall-type community information meeting held at the Pershing Community Center on the last Tuesday of each quarter at 10:30 a.m. Please check the Fort Leonard Wood website for possible location and time changes.

If you can provide input to healthcare delivery policy or process improvements, please consider attending these meetings. Hope to see you there!

Performance Triad

Enhance your health with
Sleep, Activity, and Nutrition.





Valuable base for TBI study at Fort Leonard Wood

By John Brooks, General Leonard Wood Army Community Hospital



FORT LEONARD WOOD, Mo. -- Scores of Traumatic Brain Injury professionals travelled to Fort Leonard Wood for two days of collaboration during the Traumatic Brain Injury Summit held here April 1.

"These researchers and clinicians all seek to build an infrastructure for TBI-related research to occur--and this is happening right here on Fort Leonard Wood," said Dr. Thomas A. Van Dillen, General Leonard Wood Army Community Hospital's former chief of TBI & Neuropsychology.

"Concussion management is a big deal," Van Dillen said. "People are starting to see Fort Leonard Wood as a valuable base for TBI study."

X2 Biosystems, a Seattle Washington-based company that develops head injury monitoring systems, is a member of Fort Leonard Wood's own Research and Clinical Care Consortium, known as "RC3." The consortium is working to develop impact sensors to actively measure and report, in real time, the impact levels of forces sustained during training and military operations that can result in TBI, Van Dillen said.



Thomas A. Van Dillen, Ph.D., Clinical Neuropsychologist, Traumatologist, and Chief of General Leonard Wood Army Community Hospital's Traumatic Brain Injury Program, discusses the value and advantages of TBI study at Fort Leonard Wood. (Photo credit John Brooks)

"It's a big deal because we're going to be studying TBI for years to come and there's going to be a lot of data collected from that here," Van Dillen said. "This base represents a lot to researchers not only because they're able to study those who suffer the effects of concussion here, but because of the progressive procedures and

methods of TBI study under development here by RC3."

"Our population is a much desired population for the study of concussion for many reasons," Van Dillen said. "This is a training installation where training involves breaching exercises and explosive ordinances, for example. We have the direct opportunity--to indirectly decrease--through study--the impact of future concussive injuries and improve the lives of those who suffer these injuries.

"This age group here and the clinical care conducted for this age group is most desired for study and helps us advance procedures and methods of study. So, this is a highly sought-after environment for these reasons. This science is of interest not only to people in the military, but also in the Government, civilian enterprise and academia at all levels," Van Dillen said.



You can stop mosquitoes from breeding!

By Capt. Jacob C. Pinion, General Leonard Wood Army Community Hospital



FORT LEONARD WOOD, Mo. -- As the weather gets warmer and mosquito season draws near, it's important to think prevention.

Mosquitoes can be a bothersome pest during backyard barbecues, yard work, or lounging around outside so don't let mosquitoes ruin your ability to enjoy the outdoors this summer.

Since you can prevent mosquitoes from breeding, you can help create a healthier environment to enjoy the outdoors.

Mosquitoes breed in standing water. Some mosquitoes such as the *Culex* species, which can carry West Nile virus (WNV), lay rafts of eggs on still water in both natural and manmade containers.

"Our on-post residents can significantly reduce the number of mosquitoes in their backyards just by dumping out anything that collects rainwater," said CPT Reema R. Sikka, GLWACH's chief of Preventive Medicine.

The *Aedes* species, some of which can carry Zika Virus, are capable of breeding in less than an ounce of water. Such locations that may accumulate these small amounts of water include gutters, pet water bowls, and non-chlorinated swimming pools.

Take these easy steps to help prevent these pests from breeding in your neighborhood.

1. Keep your gutters clean so water doesn't sit stagnant between rains. If you believe your gutters are clogged, contact your maintenance contractor to submit a work order.
2. Feed and water your pets indoors.
3. Empty small outside water reservoirs such as flower pot drainage trays daily.

If you follow these simple tips and educate your neighbors you can prevent mosquitoes from becoming bothersome pests in your neighborhood and enjoy the outdoors with fewer mosquitoes throughout the summer.



Pfc. Alexandra Campau, an environmental health technician at General Leonard Wood Army Community hospital, pours water out of a container left outside. Mosquitoes can lay eggs in anything that collects rainwater but emptying these reservoirs reduces the mosquito population. (Photo credit: John Brooks)

GLWACH Armed Services Blood Program

Save lives when General Leonard Wood Army Community Hospital and Balfour Beatty Communities host Armed Services Blood Program blood drives.

General Leonard Wood Army Community Hospital's ASBP drives take place each month at the hospital's MEDDAC Classroom on the first floor, as well as at the Balfour Beatty Community's Stonegate Community Center, 235 Ellis Street on Fort Leonard Wood. Both drives are open to everyone 17 years old and older – military or civilian. Everyone who comes out to donate will receive a free ASBP t-shirt along with some juice and cookies.



The Armed Services Blood Program is the official blood collection agency for the Department of Defense. Collected blood goes directly to medical facilities in Afghanistan and other Overseas Contingency areas around the world and to military hospitals throughout the Department of Defense. The military healthcare system requires about 400 units of blood every day. It's the ASBP's mission to ensure that blood is available, but we can't do that without volunteer donors like you. So, if you have your health, celebrate it by giving blood to those who help protect our freedom every day.

Potential blood donors must weigh at least 110 pounds and be at least 17 years old and feeling well for the last three days; be well hydrated; and have eaten something before donating. Those wanting to donate should bring a list of medications they're taking, a list of foreign countries traveled to -- be sure to include when, where and for how long -- and a photo ID (military ID, driver's license, etc.).

For more information about these two blood drives or the Fort Leonard Wood Blood Donor Center, call Carl Norman at (573) 596-5385. For more information about the ASBP visit www.militaryblood.dod.mil.

Blood collected by the ASBP goes directly to medical facilities in Afghanistan and other Overseas Contingency areas around the world and to military hospitals throughout the Department of Defense.

ZIKA

Zika virus infection is preventable.



PREGNANCY

ZIKA VIRUS CAN BE PASSED FROM A MOTHER TO HER BABY DURING PREGNANCY

- Women who are pregnant or trying to become pregnant should **postpone travel** to areas where Zika is spreading.
- Pregnant women or women who are trying to become pregnant and their male partners should strictly follow steps to **prevent mosquito bites** in areas where Zika is spreading.



- If you have a male sex partner who lives in or travels to an area with Zika, use **condoms** the right way every time you have sex, or do not have sex during the pregnancy.
- Pregnant women who live in or have recently traveled to an area with Zika should talk to a healthcare provider about their travel even if they don't feel sick.
- If you develop the symptoms of Zika, **see a healthcare provider** right away for testing.

MORE INFORMATION

SPEAK WITH YOUR HEALTHCARE PROVIDER

ZIKA HOTLINE: (800) 984-8523; OVERSEAS: DSN (312) 421-3700; STATESIDE: DSN 421-3700.

APHC WEBSITE: [HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/DISEASES/PAGES/ZIKA.ASPX](http://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/DISEASES/PAGES/ZIKA.ASPX)

CDC WEBSITE: [HTTP://WWW.CDC.GOV/ZIKA/INDEX.HTM](http://WWW.CDC.GOV/ZIKA/INDEX.HTM)





Where can you find hospital news and info?



[facebook.com/GLWACH](https://www.facebook.com/GLWACH)

Facebook!

Facebook remains the best place to find recent hospital news and information—all in one place—simply because Facebook can display all types of communication products (video, text, photos, graphic—even audio).

Hospital website:

Visit <http://glwach.amedd.army.mil>.

Newspaper:

Check The Guidon and other local newspapers for our locally written articles.

Radio:

Several timely topic discussions are broadcast several times each month at various times on 1390 AM, 97.9 FM and 102.3 FM. Most often, you can hear these radio spots at 7:05 a.m. weekdays on 1390 AM.

Video Loop:

Plans are underway to display hospital video, information graphics, weather information, and a whole lot more throughout many of our waiting rooms, at the Maneuver Support Center of Excellence, on the installation's internal cable channel 59. Visit our YouTube site by searching "GLWACH at YouTube.com. Video segments are also located on our Facebook page.

Ambassador Program:

Army Medicine's new Ambassador Program identifies Army Medicine Subject Matter Experts here who possess a unique knowledge and desire to share their expertise with others.

If you'd like an Army Medicine SME—an "Ambassador"—to speak to a group you represent, please contact John Brooks, hospital Ambassador Program manager, at 573-596-0131, ext. 6-9632 or via email at john.d.brooks12.civ@mail.mil.

Quick help reference:

- **TRICARE Nurse Advice Line** (24/7/365): 1-800-TRICARE (874-2273), option 1
- **Appointment Line:** 1-866-299-4234, open 7 a.m. to 4:30 p.m., M-F
- **Visit our Guest and Healthcare Relations Contact Representatives** located in room 123 near the information desk: 573-596-7414
- **Enroll for healthcare at GLWACH:** 1-877-988-WEST (988-9378)
- **TRICARE Online** <http://tricareonline.com> and
 - ⇒ Book an appointment online with your PCM using "calendar view"
 - ⇒ Order prescription refills online
 - ⇒ Online Lab and biopsy test results
- **RelayHealth:** <https://app.relayhealth.com>
 - ⇒ Use Secure Messaging to communicate with your PCM
- **milConnect:** Manage your personal data and benefits at <http://www.dmdc.osd.mil/milconnect>
- **Call the Western Region UHC toll-free** at 1-877-988-WEST (1-877-988-9378)
- **Visit** <http://facebook.com/glwach> and <http://glwach.amedd.army.mil> for recent local and worldwide Army Medicine news and information



Sign up for RelayHealth!

The secure messaging system, also known as "RelayHealth," is a powerful tool for us to expand patient care for you here at General Leonard Wood Army Community Hospital.

Sign up for RelayHealth: <https://app.relayhealth.com>

As a patient, you can be physically present with a valid photo ID to sign up for RelayHealth at any Army Medical Home clinic front desk, or call (573) 596-1765/1600.

If you are a DoD Common Access Card (CAC) holder eligible for services at GLWACH, you may send an encrypted and digitally signed email to adam.s.takayama.mil@mail.mil requesting a RelayHealth account with your Primary Care Manager (PCM).

What you need to know about RelayHealth:

Once enrolled you will receive an invitation in your email inbox (check your email junk folder—sometimes email filters are not as smart as we would like).

After responding to the email, you can use RelayHealth almost as if you have access to an electronic health clinic.

Using RelayHealth, you access YOUR OWN Army Medical Home team and PCM assigned to a General Leonard Wood Army Community Hospital Medical Home facility, not some contracted service team you have never met.

Access is expanding soon to more than just access to our primary care clinics here. Some ancillary services such as Nutrition, Radiology, OB/GYN, the Lab, and others will be available to you through RelayHealth soon.

RelayHealth decreases your need to make routine appointments. You can schedule Wellness Checks from the comfort of your home, for example. You can also access RelayHealth anywhere, anytime, with your smart phone.

RelayHealth is a great time saver for you. Please consider taking full advantage of it!

If you have already initiated a RelayHealth account online and are experiencing difficulties accessing services, please visit your Army Medical Home front desk clerks for assistance—and be sure to bring your Government ID. Your care team is looking forward to assisting you in expanding your access to the outstanding care we provide.



Visit our Facebook page for recent GLWACH news!

Visit your favorite smart phone app site and download a QR code reader—then all you have to do is take a photo of any QR code and your phone will open its browser with the website represented by the QR code. Oh—that's how it works! :-D





Get rid of your unwanted or unused medicine

Take it to the General Leonard Wood Army Community Hospital Pharmacy



Accepted Items

- Prescription Medications
- Controlled Substance Medication
- Over-The-Counter Medications
- Vitamins
- Medicated Lotions/Ointments
- Liquid in Leak-Proof Containers
- Transdermal Skin Patches



Items Not Accepted

- Needles (Sharps)
- Thermometers
- Contraband Drugs
- Infectious, Medical or Business Waste
- Personal Care Products
- Hydrogen Peroxide
- Aerosol Cans or Inhalers

ZIKA

Zika virus infection is preventable.



PREVENTION

AVOID MOSQUITO BITES



Stay in places with air conditioning, and use screens to keep mosquitoes outside



Wear long-sleeved shirts and long pants



Minimize time outside



Treat clothing & gear with permethrin, if not already treated



Eliminate standing water where mosquitoes breed



Use DEET or picaridin insect repellent on exposed skin

MORE INFORMATION

SPEAK WITH YOUR HEALTHCARE PROVIDER

ZIKA HOTLINE: (800) 984-8523; OVERSEAS: DSN (312) 421-3700; STATESIDE: DSN 421-3700.

APHC WEBSITE: [HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/DISEASES/PAGES/ZIKA.ASPX](http://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/DISEASES/PAGES/ZIKA.ASPX)

CDC WEBSITE: [HTTP://WWW.CDC.GOV/ZIKA/INDEX.HTML](http://WWW.CDC.GOV/ZIKA/INDEX.HTML)

